



## CELERY, FRESH

Date: April 2009

Code: F195

### PRODUCT DESCRIPTION

- Fresh celery is U.S. No. 1 or better.

### PACK/YIELD

- Fresh celery is packed in a 1-pound bag. There are about 16 stalks of celery in 1 pound. A pound of celery is about 4 cups of chopped celery.

### STORAGE

- Celery should be stored in the refrigerator.
- Store leftover celery by wrapping in plastic wrap or storing in an airtight container not made from metal in the refrigerator.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- To wash celery, pull a celery stalk off the bunch and rinse it under cold water, rubbing with fingers or a vegetable brush to remove any grit or dirt.
- Trim off the bottom edge (the wider part of the celery stalk) and the top part with the leaves. Throw the bottom part away; the top part can be used as celery sticks or chopped up for salads, casseroles, or soups.
- Cut the cleaned and trimmed stalk into sticks or chop into small pieces.
- To cook on the stovetop: Slice or chop celery. Heat a small amount of vegetable oil or margarine in a large skillet over medium heat. Add the celery and cook, stirring occasionally, until just brown and soft, about 5 minutes.
- To boil: Add sliced or chopped celery to boiling water and allowing to simmer for about 5 minutes, depending on the size of the pieces.

### USES AND TIPS

- Celery can be eaten raw or cooked.
- Celery can be eaten plain as a snack or an appetizer, and sliced or chopped to add to salads, soups, casseroles, and rice dishes.
- Dip celery sticks into peanut butter, low-fat dressing or other low-fat dips.

### NUTRITION INFORMATION

- 2 large stalks of celery count as 1 cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2 ½ cups of vegetables.

### FOOD SAFETY INFORMATION

- Keep celery that is going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.
- Rinse and clean celery well before eating fresh or cooking.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ½ cup (51g) fresh celery, chopped

#### Amount Per Serving

<b>Calories</b>	10	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 0g	

Vitamin A	4%	Vitamin C	2%
Calcium	2%	Iron	0%

\*Percent Daily Values are based on a 2,000 calorie diet.

## BASIC BRAISED CELERY

### MAKES 6 SERVINGS

#### Ingredients

- 6 cups celery, cut into pieces about 1 to 2 inches long and wide
- 2 tablespoons margarine
- ½ cup low-sodium chicken broth
- ¼ teaspoon black pepper

#### Directions

1. Place celery, margarine, chicken broth, and pepper in a saucepan.
2. Cover and cook over low heat for 20 to 25 minutes, just until celery is crisp but tender. Serve right away.

Nutritional Information for 1 serving (about 1 cup) of Basic Braised Celery					
Calories	50	Cholesterol	0 mg	Sugar	1 g
Calories from Fat	35	Sodium	105 mg	Protein	1 g
Total Fat	4 g	Total Carbohydrate	3 g	Vitamin A	57 RAE
Saturated Fat	0.5 g	Dietary Fiber	1 g	Vitamin C	3 mg
				Calcium	35 mg
				Iron	0 mg

Recipe adapted from [Justvegetablerecipes.com](http://Justvegetablerecipes.com).

## APPLE AND CELERY SALAD

### MAKES 6 SERVINGS

#### Ingredients

- 1 tablespoon orange juice
- 2 tablespoons light mayonnaise
- 2 cups apples, diced
- 1 cup celery, diced
- ½ cup raisins
- ½ cup peanuts, chopped

#### Directions

1. In a large bowl, mix orange juice with mayonnaise.
2. Add apples, celery, raisins, and peanuts to the dressing mixture and stir well.
3. Serve at room temperature or chilled.

Nutritional Information for 1 serving (about ¾ cup) of Apple and Celery Salad					
Calories	150	Cholesterol	0 mg	Sugar	12 g
Calories from Fat	70	Sodium	40 mg	Protein	1 g
Total Fat	8 g	Total Carbohydrate	19 g	Vitamin A	1 RAE
Saturated Fat	1 g	Dietary Fiber	2 g	Vitamin C	3 mg
				Calcium	16 mg
				Iron	1 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.